

BORONNDARA

Bicycle Users Group

Rides Supplement October 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM – Aug-Dec 2011

Welcome! We ride every week on Mondays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillssnc.org.au

Date	Ride Description	Meeting Place	Melways Ref
3 October 2011	Ashburton Station - Blackburn Lake - Koonung Creek Trail	Ashburton Railway Station	M60 E9
10 October 2011			
17 October 2011	Glen Iris - Maribyrnong River - Brimbank Park	Nettleton Park, Dawson Drive, Glen Iris	M59 J7
24 October 2011			
31 October 2011	Deepdene, Westerfolds Park	24 Whitehorse Road, Deepdene	M45 K7
5-6 November 2011	Weekend away - Proposed ride on Lilydale/Warburton Trail, overnight stay	Details to be given closer to the date	
14 November 2011	Capital City Trail	24 Whitehorse Road, Deepdene	M45 K7
21 November 2011			
28 November 2011	Eastlink, Dandenong Creek Trail to Yarraman Station (Pakenham Line)	Mitcham Railway Station (Belgrave/Lilydale Line Zone 2)	M48 J9
5 December 2011			
12 December 2011	Glen Iris - Beacon Cove - Brighton - Christmas Lunch	Nettleton Park, Dawson Drive, Glen Iris	M59 J7
19 December 2011			

Please note:

The calendar of rides indicates designated rides for every second week.

Rides on the "off" week will be worked out the week before amongst the riders and details will be sent out in an email on the Thursday prior to the ride.

This gives riders a chance to put forward rides they would like to do other than the ones shown on the calendar.

Leaders have not been assigned to this calendar. Participants can volunteer to lead a ride or the leader will be assigned during the preceding ride.

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us.

The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

We generally meet at 10am at the 'Place to meet' (see below). Please catch a train to arrive at the start before 10am. If a time is suggested, please check that the time is current.

A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides.

Riders are welcome to join the ride along the way or cut the ride short at any point.

If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Oct 5th *	Footbridge in Southbank MEL 2F F7	Short ride – ride and leader chosen on the day	Easy
Oct 12th	Hurstbridge Station MEL 185 J8	Strathewen - Pleasant Country ride through undulating terrain to Strathewen (19 km.) and return. Lunch at Hurstbridge. Return to city by combination of train and ride. Diamond Creek (8km.), Eltham (15km) and Heidelberg (30km) are accessible stations.	Medium

Oct 19th	Footbridge in Southbank MEL 2F F7	Short ride – to Ardeer by train and then return via the Western ring and Federation trails and Docklands to the city.	Easy
Oct 26th	Footbridge in Southbank MEL 2F F7	Woodlands Park ride – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, the Maribyrnong River trail and return to the city ~ 70km.	Hard
Nov 2nd	Footbridge in Southbank MEL 2F F7	Short ride – Ride to Anglers Arms on the Maribyrnong River trail and return, visiting the Museum on the trail ~ 20 km.	Easy
Nov 9th	Aircraft Station on Werribee line. MEL 53 B10	Bay Trail ride Point Cook to Mentone – Point Cook rd. to Skeleton Crk then the Bay West trail to Southbank. We take the Bay trail to Brighton Beach station (55km) or Mentone station (63km) and return to the city by train.	Medium
Nov 16th	Heidelberg station on Hurstbridge line MEL 31 K4	Short ride - Heidelberg station to Heide to explore and then return via the Main Yarra trail to the city ~ 20km.	Easy
Nov 23rd	Footbridge in Southbank MEL 2F F7	A short ride to the COTA AGM in the city and then lunch for volunteers.	Easy
Nov 30th	Lilydale station MEL 38 D4	Warburton Rail trail and return via the Aqueduct and WR trail again to Lilydale - A challenging ride of about 90km. with the option of a shorter ride as follows - we will have coffee after 20km and then riders can choose to return to Lilydale or continue the ride.	Hard
Dec 7th	Footbridge in Southbank MEL 2F F7	Short ride - via the Merri Crk. trail and St. Georges rd. to the Human Powered Café, 562 High St. Thornbury ~ 15 km.	Easy
Dec 14th	Werribee station MEL 205 J/K7 9.08 train from Flinders St. Station.	Werribee to Serendip Sanctuary and return, ~ 65km. We will ride minor roads most of the way and on the return. An option is a shorter ride of 35km to return from Lara station (Vline).	Medium

Dec 21st	Footbridge in Southbank MEL 2F F7	Christmas ride with lunch at the Botanic Gardens in the Lake café – We will ride the Bay trail to Elwood canal and return via the back streets and Albert Park lake to the Botanic Gardens ~ 15km.	Easy
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* is when Janet will be away

Whitehorse Cyclists Inc

Last updated 15 August 2011

Note: Member-only interstate, overseas and regional rides are not listed here.					
Tue 04/10 9.40am	Easy Tuesday Warburton Rail Trail	Train from Box Hill arrives at Lilydale RS at 9.36am. Ride across the new highway bridge and onto Seville for coffee and return.	32 E	Joyce H 9877 3216 0419 102 268	
Tue 04/10 9.30am	Medium Tuesday				
Tue 04/10 9.00am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Yarra Tr.	99 M/H	Tom O 0488 666 608	
Thu 06/10 9.30am	Easy Thursday Surrey Hills	Hays Paddock, Outer Circle Tr, Surrey Hills, Blackburn.	32 E	Bernie F 9878 6640	
Thu 06/10 9.30am	Medium Thursday Diamond Creek	Koonung Cr Tr, Westerfolds Pk, Diamond Creek Tr, (M)(T)(B)Eltham. Lunch at Diamond Creek	50 E/M	Mike McK 9816 3386	
Thu 06/10 9.30am	Hard Thursday Swales Rd	Olinda, down 'The Wall', Old Emerald Rd (Melway 122 K9), Macclesfield Rd, Swales Rd, Emerald	70 H	Tom O 0488 666 608	
Sun 9.30am	Sunday				
Tue 11/10 9.30am	Easy Tuesday A cuppa at the Farm	Eastlink to Chesterfield Farm (M), return via Jells Park, Shepherds Bush, Eastlink, Heatherdale RS.	30 E	Brent C 0407 314 220	
Tue 11/10	Medium Tuesday				

WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch.

EASY SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly

MEDIUM SUNDAYS: Medium level ability, faster,

some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** (10:00am in winter) – relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at rides@mbtc.org.au.

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>